

GRIT

FOSTERING GRIT IN
MIDDLE SCHOOL STUDENTS

STUDIES HAVE FOUND THAT PEOPLE WITH HIGH GRIT HAVE MORE SUCCESS IN SCHOOL AND A VARIETY OF WORK SETTINGS, INCLUDING BUSINESS, TEACHING, AND THE MILITARY.¹

1. Duckworth, A. (2016)

HOW CAN YOU HELP YOUR CHILDREN GROW GRIT?

Help your child explore new interests, and make a plan for how they will learn more about some of their top interests.

HELPING YOUR CHILD DEVELOP GRIT WILL HELP THEM EXPERIENCE SUCCESS IN LIFE.

Children can learn through stories and books.

Your child can find and explore interests through the library at their school or the public library. They can also read about characters or research public figures who kept working towards their goals in the face of hardship.



Build skills outside the classroom.

Help your child find something they might enjoy doing outside of class that is focused on building a skill and is guided by an adult. Make sure this activity is something that interests your child but also challenges them, like enrichments, clubs, or sports.

-There may be private programs for these activities, as well as free or low-cost alternatives available through your child's school or through the city/county (for example, the Parks and Recreation department).

Grit involves a passion and perseverance for pursuing long-term goals.

It involves exploring and developing interests, planned practice, and a sense of purpose and hope when working hard towards goals.

See commitments through.

To grow grit, encourage your child to honor their commitments (for example, trying a new sport) and see their commitments through to a natural stopping point (for example, the end of a season). Children who participate in an extracurricular activity have better grades, higher self-esteem, and get in trouble less!



Let your child experience setbacks.

Let your child learn how to get through them on their own. Learning how to get through these setbacks grows grit. It's better for them to learn how to handle setbacks now vs. learning for the first time as an adult.

Grit takes time (many, many years) to grow!

The older we get, the more experiences and setbacks we've had. Getting through these setbacks helps us develop grit!

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